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(For info. on Boot Camp for Dads)

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(For info. on the Breastfeeding Peer Counselor Project)

**Boot Camp For New Dads partners with  
San Bernardino's WIC Program to prepare couples for  
joys and challenges of parenthood**

DATELINE: IRVINE AND SAN BERNARDINO, CA;... Boot Camp For New Dads, bringing "rookie" fathers-to-be together with "veteran" recent dads and their newborns, in an effort to orient and teach parenting skills prior to baby's birth, will be offered in conjunction with the San Bernardino County Department of Public Health's WIC Breastfeeding Peer Counselor Project on May 14<sup>th</sup> at the New Hope Missionary Baptist Church, 1575 W 17<sup>th</sup> Street in San Bernardino. A graduation ceremony for participants will be held on June 4<sup>th</sup>.

Boot Camp For New Dads a non-profit program offered at more than 250 hospitals, clinics, schools and churches across the U.S., will be conducted in partnership with San Bernardino County's Public Health Department's WIC program to better prepare both mom and dad for the joys and challenges of parenthood. Each session is three hours long. Couples meet for 1 ½ hours, then are broken into gender specific groups where new dads attend Boot Camp and new moms attend the "You've Got Gold!" workshop, and then couples reconvene for the last ½ hour.

According to Teslyn Henry of the San Bernardino County Public Health Department, "This program is geared towards enlightening 'first time' moms and dads about what they can expect when they bring home their new baby and how to handle many different challenges, from breastfeeding and diapering to non-stop crying. Simply put, it's a crash course in parenting that helps to empower couples."

To register for the program or obtain more information about the couples workshop or future workshops, contact Teslyn Henry, MPH, RD at (909) 387-0175 or email [thenry@dph.sbcounty.gov](mailto:thenry@dph.sbcounty.gov).

**Boot Camp Beginnings**

Greg Bishop, founder of Boot Camp For New Dads, had extensive hands-on experience caring for babies, with 12 siblings, 4 children of his own, and numerous nieces and nephews. Bishop noticed that many men didn't seem to be involved in caring for their

babies. Desiring to help new fathers fully enjoy the awesome duty of fatherhood, he founded Boot Camp For New Dads at Irvine Medical Center (CA) in 1990 and has volunteered as Head Coach ever since.

National media, including news segments on ABC, CBS, NBC, and CNN as well as articles in Life, CHILD, Ladies Home Journal magazines, Reader's Digest and others, have helped fuel the expansion of Boot Camp For New Dads to over 250 programs reaching thousands of new dads. The program is designed to bring a dad's perspective to the 1.5 million men who become fathers each year across America.

### **Spanish and English**

Determined to reach fathers everywhere, Boot Camp For New Dads has 12 Spanish language sites throughout the United States. The Spanish version of the Boot Camp video helps support the facilitator and the "veterano" father in teaching the new dads to take care of the newborn baby and mother. Boot Camp For New Dads believes the key to improving the quality of life for young children of all cultures is in helping fathers be capable and caring.

### **Badge of Honor**

For more information about Boot Camp programs or to obtain a copy of Boot Camp For New Dads' book, *Hit the Ground Crawling: The Ultimate Guide For New Fathers*, contact (714) 838-9392 or visit <http://www.newdads.com>.